

The Living Manna

Lesson # 30: (Ex. 16; Dt. 8:3; Josh. 5:12; Rev. 2:17; Jn. 6; PP 291-302; DA 383-394)

In I Corinthians 10:1-13 the apostle Paul reviews several events in ancient Israel's journey from Egypt to Canaan. As he draws his description to a close, he explains that these events were of more than historical interest: "Now all these things happened unto them for **ensamples** [types] and they are written **for our admonition**, upon whom the ends of the world are come." (I Cor. 10:11). In our lesson today we will study one of those historical types, the manna which fell in the wilderness for forty years. The apostle Paul refers to this Manna as "spiritual meat." Let us begin by taking a look at the textual setting of the manna episode in the book of Exodus.

The Textual and Historical Setting

1. What was the condition of Israel in the land of Egypt? "And the _____ made the children of Israel to _____ with rigor; and they made their lives _____ with hard _____." (Ex. 1:13-14)
2. What did the children of Israel do as a result of their bondage? "And the children of Israel _____ by reason of the bondage, and they _____, and their cry came up unto God by _____ of the bondage." (Ex. 2:23)
3. How did God respond to Israel's groans? "And God _____ their groaning, and God _____ his covenant with Abraham, with Isaac, and with Jacob. And God looked upon the children of Israel, and God had _____ unto them." (Ex. 2:24-25)
4. What sign did God give Israel the very evening of their deliverance to commemorate their release from Egypt? _____ (Ex. 12:13)
5. What happened next to Israel? The apostle Paul affirms that Israel was "_____ unto Moses in the cloud and in the _____." (I Cor. 10:2)

Note: Israel's past was buried in the Red Sea. Their tormentors were buried in the waters and they came forth to newness of life.

6. To what land was God leading the children of Israel? "And I am come down to _____ them out of the hand of the Egyptians, and to bring them up out of that land unto a _____ land and a large, unto a land flowing with milk and _____; unto the place of the _____, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites." (Ex. 3:8)
7. What did God give the children of Israel to physically nourish them and preserve their health on their journey to Canaan? _____ (Ex. 16:4)

Note: We too are on a journey from Egypt (the world) to Canaan (heaven). We too were in bondage to sin. We too cried out for deliverance. We too were delivered by the blood of the lamb. We too were baptized. Our old man was buried in the waters and we have risen to newness of life. But we still have a wilderness to cross before we can enter Canaan. We need the nourishment provided by God's word in order to make it there.

Heavenly and Earthly

1. Where did the manna come from? "And he _____ down manna upon them to eat, and had given them of the corn of _____. Man did eat _____ food; he sent them meat to the full." (Ps. 78:24-25)

Note: The manna was rained from heaven by the angels but it was composed of earthly nutrients which supplied the full dietary needs of human beings. In this sense, the manna was both heavenly and earthly.

2. Who is symbolized by the manna? "I am the living _____ which came down from heaven: If any man eat of this bread, he shall live for _____, and the bread that I will give is my _____, which I will give for the life of the world." (Jn. 6:51)
3. In what sense is Jesus heavenly? "In the beginning was the _____ and the word was with God and the word was _____." (Jn. 1:1; see also, Mt. 1:23)
4. In what sense is Jesus earthly? "And the word was made _____ and _____ among us." (Jn. 1:14; see also, Heb. 2:14-18)
5. Where did the message of the written Word of God come from? "All scripture is given by _____ of _____, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness." (II Tim. 3:16)

Note: The message of the Bible is divinely inspired, that is to say, it is of heavenly origin. It did not come by the will of man.

6. Is there also a human element in the Word of God? "For the prophecy came not of old time by the will of man, but holy _____ of God _____ as they were moved by the Holy Ghost." (II Pet. 1:21)

Note: The Word of God also contains a human element because holy men spoke the God's Word in human language. Ellen White amplifies the divine/human character of Scripture: "The Bible points to **God** as its author; yet it was written by **human** hands. . . . the Bible, with its **God-given** truths expressed in the **language of men**, presents a union of the **divine** and the **human**." (Selected Messages, volume 1, p. 25)

7. How is Jesus assimilated by the believer today? “It is the _____ that quickeneth; the flesh profiteth nothing; the _____ that I speak unto you, they are _____, and they are life.” (Jn. 6:63)

The Literal and the Spiritual

1. Who sent the manna from heaven? “Then the Lord said unto Moses, Behold, ___ will rain bread from heaven _____ you.” (Ex. 16:4)

Note: This is an important detail because the Jews of Christ’s day trusted in Moses (Jn. 5:45) and attributed the giving of the manna to him (Jn. 6:31-32)

2. According to Ellen White, who actually gave Israel the bread from heaven? “The giver of the manna was _____ among them. It was Christ Himself who had _____ the Hebrews through the wilderness, and had daily fed them with the bread from heaven.” (DA 386)

3. Did God give the manna to satisfy Israel’s physical hunger only? “And he humbled thee, and suffered thee to _____, and fed thee with _____, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by _____ only, but by every _____ that proceedeth out of the _____ of God doth man live.” (Dt. 8:3)

4. What did the apostle Paul say about the manna which God sent in the wilderness? “And did all eat the same _____ meat.” (I Cor. 15:3)

Note: Exodus 16:4 indicates that Moses did not send the manna from heaven, God did. Furthermore, Deuteronomy 8:3 and I Corinthians 15:3 clearly indicate that the manna was not mere physical food but rather a symbol of spiritual food.

5. Why did the multitudes of Galilee follow Jesus? “And a great _____ followed him, because they saw his _____ which he did on them that were diseased. . . . Then those men, when they had seen the _____ that Jesus did, said, This is of a truth that _____ that should come into the world.” (Jn. 6:2, 14)

Note: The multitude followed Jesus because He was a great miracle worker. But when He told them that they must assimilate the principles of His character, they forsook Him. Amplifying this point, Ellen White states: “They had welcomed His miracle working power; they were eager to be freed from disease and suffering; but they would not come into sympathy with His self-sacrificing life. They cared not for the mysterious spiritual kingdom of which He spoke.” (DA 391)

6. What evidence do we have that the multitudes of Galilee failed to see the profound significance of the manna? “Jesus answered them and said, _____, verily, I say unto

you, Ye seek me, not because ye saw the _____, but because ye did _____ of the loaves, and were filled.” (Jn. 6:26)

Note: A fundamental reason why the Jewish nation rejected Jesus is because they failed to discern the deep spiritual significance of the Old Testament types. They failed to distinguish form from substance. They wanted a literal kingdom with a literal king who would literally defeat the Romans. When Jesus spoke of the kingdom, He was referring to a spiritual kingdom implanted in the heart (Jn. 6:15; Lk. 17:21).

When Jesus said: “Destroy this temple and in three days I will raise it up,” (Jn. 2:19-21), they took Him literally instead of seeing that He was speaking of His body. The Jews were expecting literal Elijah to prepare the way for the coming of Messiah but they rejected John the Baptist who came in the spirit and power of Elijah (Jn. 1:21; Lk. 1:17). They thought that literal circumcision had merit when God intended for them to have circumcised hearts (Rom. 2:28-29). The religious leaders attached literal phylacteries [pieces of parchment with Bible texts written on them] to their foreheads as a sign of piety when God meant that Scripture should be implanted in the brain (Mt. 23:5; Ps. 119:11). Nicodemus wondered how a man could literally enter his mother’s womb to be born again when Jesus was speaking of spiritual birth (Jn. 3:1ff).

7. How did the multitudes react when Jesus told them that they must eat His flesh and drink His blood? “The Jews therefore _____ among themselves, saying, How can this man _____ us his flesh to eat?” (Jn. 6:52)

Note: Ellen White remarks: “But the Jews had come to make the symbol all-important, while its significance was unnoticed. They discerned not the Lord’s body.” (DA 389)

8. Did the apostle Peter comprehend what Jesus meant by eating His flesh and drinking His blood? “Then Simon Peter answered him, Lord, to whom shall we go? _____ hast the _____ of eternal life.” (Jn. 6:68)
9. What does it mean to eat the flesh and drink the blood of Jesus? “As we must eat for ourselves in order to receive _____, so we must receive the word for ourselves. We are not to obtain it merely through the medium of _____ mind. We should carefully study the Bible, asking God for the aid of the Holy Spirit, that we may understand His word. We should take _____ verse, and concentrate the mind on the task of ascertaining the thought which _____ has put in that verse for us. We should dwell upon the thought until it becomes _____ own, and we know "what saith the Lord." (DA 390)
10. For whom were the promises and warnings of God’s word intended? “In His promises and warnings, Jesus means _____. . . . The experiences related in God’s word are to be _____ experiences. Prayer and promise, precept and warning, are _____. . . . The word of God,

received into the _____, molds the thoughts and enters into the development of _____.” (DA 390, 391)

11. What attracts and repels multitudes of people? “When the _____ follow, and the multitudes are fed, and the _____ of triumph are heard, their voices are loud in praise; but when the searching of God's Spirit reveals their _____, and bids them _____ it, they turn their backs upon the truth, and walk no more with Jesus.” (DA 392)

Lessons from the Manna

1. What did the Israelites need to do in order to obtain the manna? “I will rain bread from heaven for you; and the people shall _____ out and _____ a certain rate every day.” (Ex. 16:4)

Note: God sent the manna but Israel was required to go out, gather it and eat it. There was no home delivery service. Gathering the manna took time and effort. So it is with the word of God. We must seek it and eat it. This also takes time and effort.

2. Who was commanded to gather the manna? “And they gathered it every morning, _____ man according to his _____.” (Ex. 16:21; also verse 18)

Note: It was not the responsibility of the priest to home deliver the manna. Each person in the congregation was required to gather the manna for himself. In the same way, the study of God's word is an individual endeavor.

3. How did the manna taste? “And the house of Israel called the name thereof Manna. . . and the _____ of it was like wafers made with _____.” (Ex. 16:31)

Note: Psalm 19:10 explains that the revelation of God is “sweeter than honey and the honeycomb.” In Psalm 119:103 David exclaimed: “How sweet are thy words unto my taste! Yea, sweeter than honey to my mouth!” And the prophet Jeremiah affirmed: “Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart; for I am called by thy name, O LORD God of hosts.” (Jeremiah 15:16)

4. How frequently were the people to seek out the manna? “I will rain bread from heaven. . . and the people shall go out and gather a certain rate _____ day.” (Ex. 16:4)

Note: The manna was to be gathered each day. Gathering and eating the manna one day a week would eventually mean physical death. In the same way we need a fresh experience in God's word every day. It is not enough to “snack on the word” now and then. We must partake of God's word on a daily basis. This is why Jesus said: “Give us, **this day**, our daily bread.”

5. At what time of the day were the Israelites to gather the manna? “And they gathered it every _____ . . . and when the sun waxed hot, it _____.” (Ex. 16:21)
6. At what time of the day did Jesus have his closest communion with the Father? “And in the _____, rising up a great while before _____, he went out, and departing into a _____ place, and there he prayed.” (Mk. 1:35; see also, Ps. 5:3)
7. Was the provision of manna sufficient for the entire congregation? “And when they did _____ it with an omer, he that gathered _____ had nothing over, and he that gathered _____ had no lack; they gathered every man according to his eating.” (Ex. 16:18)

Note: There is sufficient spiritual food in the word of God to supply the nutritional needs of every person in the world.

8. How did the apostle Paul apply the lesson of Exodus 16:18? “For I mean not that other men be _____, and ye burdened; but by equality, that now at this time your _____ may be a supply for their _____, that their abundance also may be a supply for your want that there may be _____; as it is written, ‘He that had gathered _____ had nothing over, and he that had gathered _____ had no lack.’” (II Cor. 8:13-15)
9. **Thought Question:** Do you think that the manna had all the necessary nutrients (proteins, carbohydrates, vitamins and minerals) to maintain life and good health? _____

Note: God incorporated in one food all the necessary nutrients to sustain life and health. There can be no doubt that the manna contained just the right amounts of protein, carbohydrates, vitamins and minerals. In the same way, the only food which is necessary for spiritual life and health is the Bible. When Israel demanded another kind of food they got physically sick (Num. 11:1-9). Likewise, when we partake of spiritual “junk food” such as reading of novels, watching movies, etc., we become spiritually sick.

“Satan knows that to a great degree the mind is affected by that upon which it feeds. He is seeking to lead both the youth and those of mature age to read story-books, tales, and other literature. The readers of such literature become unfitted for the duties lying before them. They live an unreal life, and have no desire to search the Scriptures, to feed upon the heavenly manna. The mind that needs strengthening is enfeebled, and loses its power to study the great truths that relate to the mission and work of Christ,—truths that would fortify the mind, awaken the imagination, and kindle a strong, earnest desire to overcome as Christ overcame.” (Messages to Young People, pp. 271-272)

A Messianic Prophecy

1. What Hebrew feast was soon to occur when the events of John 6 took place? “And the _____, a feast of the Jews, was _____.” (Jn. 6:4)

Note: When Jesus fed the five thousand and spoke about the manna, the Passover and Feast of Unleavened Bread were at hand.

1. What important fact does Ellen White reveal concerning the manna and the showbread? “Both the manna and the showbread pointed to _____, the living bread who is ever in the _____ of God for us.” (*The Faith I Live By*, p. 197)
2. On which day of the week was fresh bread placed on the table of shewbread? “And thou shalt set them [the loaves] in two rows, six on a row, upon the pure _____ before the LORD. . . . Every _____ he [the priest] shall set it in order before the LORD _____, being taken from the children of Israel by an everlasting covenant.” (Lev. 24:6, 8)
3. What happened to the manna when some disobedient Israelites saved it from one day for the next? “Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning and it bred _____, and _____, and Moses was wroth with them.” (Ex. 16:20)
4. Did the manna breed worms and stink when Sabbath’s portion was gathered on Friday? “And they laid it up til the [Sabbath] morning, as Moses bade, and it did not _____, neither was there any _____ therein.” (Ex. 16:24)
5. On which day of the week did the body of Jesus remain in the tomb? _____ (Study the sequence of days in Luke 23:54-56 to answer this question)
6. Did the body of Jesus experience corruption in the tomb? “He [David] seeing this before spake of the resurrection of Christ, that his _____ was not left in hell [*sheol/hades*], neither his _____ did see _____.” (Acts 2:31)

Note: The meaning of all this is clear. Decomposing dead bodies breed worms and stink. The body of Jesus did not experience corruption while He was in the tomb on the Sabbath, because he was the living manna. He was the unleavened shewbread which was placed fresh on the table each Sabbath. Leaven is a symbol of sin but the body of Jesus had no sin.

Manna and the Sabbath

1. What counsel did God give about gathering manna on the Sabbath and why? “Six days ye shall gather it; but on the _____ day, which is the _____, in it there shall be none. . . . See, for that the LORD hath given you the Sabbath, therefore he giveth you on

the sixth day the bread for two days; abide ye every man in his place, let no man go out of his place on the seventh day.” (Ex. 16:26, 28)

Note: The manna fell for a period of 40 years. This means that God taught Israel the lesson of Sabbath observance 2080 times.

2. What evidence do we have in Exodus 16 that the Sabbath pre-existed the giving of the law on Mount Sinai? When some Israelites went out to gather manna on the Sabbath, God rebuked them by saying: “How long refuse ye to keep my _____ and my _____?” (Ex. 16:28)
3. What does Ellen White tell us concerning Sabbath observance? “In no _____ should our own business be allowed to _____ upon holy time. . . . Work that is neglected until the beginning of the Sabbath should remain _____ until it is past.” (PP 296)

A Lesson in Health Reform

1. What complaint did the children of Israel lodge against God in the wilderness? “And the mixed _____ that was among them fell a _____; and the children of Israel also wept again, and said, Who shall give us _____ to eat?” (Num. 11:4)
2. What happened to the Israelites as a result of their gluttonous appetite for flesh food? “And while the flesh was yet between their _____, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague.” (Num. 11:33)

Note: In giving the manna God wished to teach Israel the benefits of a simple vegetarian diet and the detrimental effects of flesh food. At first sight this appears to be a very literal lesson, but a closer look reveals a deep spiritual significance. Our ability to comprehend and assimilate the Word of God depends to a great degree upon clarity of mind and clarity of mind depends on what we eat. Time and again we have been instructed that the central purpose of health reform is to have clarity of mind so as to have the ability to discern the will of God as revealed in His word.

3. What does Ellen White say concerning the health benefits of the manna? “The manna with which He fed them in the wilderness was of a nature to _____ physical, mental, and moral strength. . . . Notwithstanding the _____ of their wilderness life, there was not a _____ one in all their tribes. (Child Guidance, p. 378)
4. What were the consequences of Daniel’s healthy diet? “And at the end of the ten days their [Daniel and his friends] countenances appeared _____ and _____ in flesh than all the children which did eat the portion of the king’s meat. . . . And in all matters of _____ and _____, that the king enquired of them, he found them

_____ times better than all the magicians and astrologers that were in all his realm.” (Dan. 1:13, 20)